

# White Bean Tuna Salad

This tuna salad comes with extra protein thanks to white cannellini beans. And while it's tasty enough to eat on its own, this tuna salad is especially good when scooped up with crusty bread.

By **BHG Test Kitchen** | Published on July 1, 2013

**Total Time:** 20 mins

## Ingredients

1 15 ounce can cannellini beans, rinsed and drained

2 5 ounce cans tuna packed in water, drained

2 cup lightly packed arugula or spinach

½ small red onion, thinly sliced

¼ cup fresh flat-leaf Italian parsley, chopped

¼ cup red wine vinegar

3 tablespoon extra virgin olive oil

½ teaspoon dried leaf oregano, crushed

¼ teaspoon salt

¼ teaspoon ground black pepper

½ lemon

Crusty bread, sliced and toasted (optional)

## Directions

### Step 1

In a large bowl combine beans, tuna, arugula, red onion, and parsley.

### Step 2

For dressing, in a screw-top jar combine vinegar, oil, oregano, salt, and pepper. Shake well to combine.

### Step 3

Pour dressing over tuna mixture; toss gently to combine. Squeeze juice from half of a lemon over salad. Serve with toasted crusty bread, if desired.

## Nutrition Facts

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Per serving: 274 calories; total fat 13g; saturated fat 2g; cholesterol 30mg; sodium 644mg; total carbohydrate 15g; total sugars 1g; protein 22g; vitamin c 9.3mg; calcium 98mg; iron 2.4mg; potassium 252mg; folate, total 19.9mcg; vitamin b-12 0.8mcg; vitamin b-6 0.2mg

